







Protect your computer from viruses:

- √ Don't click on attachments.
- √ Install virus protection software.
- √ *Update weekly.*

Keep your operating system patched and up-to-date:

√ windowupdate.microsoft.com

Keep your installed software up-todate:

√ Some office products can propagate viruses and worms.

Keep your password secret:

- √ Change any assigned or default passwords.
- √ Pick a password that is hard to guess, using the first letters of each word in a phrase or combine words,
- √ Intentionally misspell words.
- √ Don't use a dictionary word or a name.
- √ Use eight characters, alpha, numeric, and/or national characters (@ # \$).
- √ Don't write down your password.

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Protect sensitive data, especially SSNs, personal account numbers, & Employee Numbers

- √ Delete obsolete files.
- √ Shred printouts & confidential information.
- √ Password protect unattended work stations.
- √ Logoff when leaving.

Be an Internet skeptic:

- √ Don't believe everything you read on the Internet.
- √ Some "free" services collect contact information for marketing or identity theft.
- √ Don't forward chain letters.
- √ Set up an e-mail filter.

Protect your identity & privacy:

- √ Don't give strangers your SSN, local address, or family information.
- √ Shred mail or trash with personal information on it.
- √ Keep wallet or purse in safe place.
- $\sqrt{}$ Gather mail promptly.

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